



Health and Safety Plan

May 13, 2021 Revision

The safety of our students and staff at Albemarle Ballet Theatre is always our primary concern. Our goal is to provide an optimal learning environment in the performing arts, which includes the highest possible level of cleanliness when we begin to transition from virtual to onsite classes. As such, ABT, in consultation with members of the medical community, the Centers for Disease Control (CDC), and local guidelines, is developing strict protocols for program participation at our facilities.

****All students taking in-person classes are required to fill out the [Health and Safety Agreement Form](#)****

All classes are held in-person at ABT and all individuals on the premises will abide by the following plan. This plan will need to remain fluid in order to adjust to changing circumstances and advice from the CDC, as well as state and federal authorities.

ABT is providing its best effort to create a safe environment for its students. This Health and Safety Plan does not express any guarantee, promise, or assurance, or represent 100% effectiveness against the spread of disease. It is meant to augment the guidelines set forth by the CDC, state, and federal authorities, and can only be as effective as official guidance in combination with the public's willingness to follow them.

Participation Restrictions

Students or household members who are exhibiting symptoms or have been diagnosed with COVID-19 are prohibited from attending classes in-person until they receive a negative COVID-19 test and are cleared by their physician (find a free COVID-19 testing site [here](#))

- Students or household members who are exhibiting contagious disease symptoms are prohibited from attending classes in person until they are symptom free and have been cleared by their physician.

For safety reasons, we cannot grant entrance or class participation to anyone:

- With COVID-19,
- With symptoms of COVID-19
- Who has been in contact with someone with COVID-19 within the last 14-days
- Who has been in contact with sick individuals at home
- Who has not adhered to the following travel policies:
 - Travel, Public Gatherings, and New Exposures for **unvaccinated** students (per CDC & VDH guidelines): When traveling (in any capacity outside of remaining exclusively with your household), we require the student either 1) take a Covid test 3-5 days from the date of return and wait 7-days before resuming in-person classes or 2) wait 10-days before resuming in-person classes.
 - Travel for **vaccinated** students (per CDC guidelines): A quarantine period will not be required upon return. Please self-monitor for Covid symptoms. If you do develop symptoms we ask that you take a Covid test and wait to be symptom-free before returning. Please notify us right away if you suspect Covid so we can take necessary precautions.

Drop-Off and Pick-Up

Before Class

- Students must arrive no earlier than 10 minutes prior to their scheduled lesson. This is to avoid unnecessary exposure or social distancing issues.
- The [Covid-19 Screening Form](#) must be completed on the day of each class. Students will not be admitted into the building until the screening has been completed by the Parent/Guardian. Please be honest for the safety of all!
- Parent/Guardian may not depart until their dancer is successfully admitted.
- ABT requires that ALL students and staff must wear a mask at all times.
- Dancers should arrive in dance clothes (with warm-up coverings), ready to go straight into the studio. Dancers are not allowed to wear their dance shoes outside and must wear street shoes entering and leaving.
- Because of these restrictions, students will not be allowed into class late.
- Until further notice, no parents or visitors are allowed inside.
- Students are advised to bring adequate water bottles that are filled. Water fountains will be shut off to reduce surface area exposure.

After Class

- Class times have been adjusted to allow for a thorough cleaning of the space before the next class begins.
- Please arrive at the parking lot 5-10 minutes before the scheduled class end time to be ready to pick up your dancer when they exit the building.
- Dancers should move directly to/from the facility to their waiting vehicle before and after classes.

Minimizing Exposure

Mask Protocol

ABT defines an acceptable mask as one which will:

- Cover the student's entire nose and mouth at the same time with minimal gapping.
- Attach to the head securely, often with elastics around the ears or around the back of the head (incidentally, a ballet bun may be very helpful here).
- Include at least three layers of fabric.
- We are keeping in mind dancing in masks is new for all of us! We will incorporate appropriate water breaks and breathing awareness.

Mask removal and Disposal Protocol

- Students should make every effort not to remove their masks during class or rehearsal.
- Dancers will not leave behind masks anywhere inside the facility unless it is inside a trash can.
- ABT is not responsible for lost or missing masks.
- Dancers may require multiple masks to get through their class/es. A wet mask is less efficient at filtering bacteria and viruses; therefore, if a student's mask becomes saturated with moisture from breathing or sweat, they will be required to change into a dry mask.
- Masks should only be worn once and then replaced with a fresh mask.
- All reusable masks should be washed thoroughly between uses.
- Reusable masks should be cleaned in a washer with hot water and soap, and then dried in a dryer prior to next use.

High-Touch Areas and General Best Practices

- As in the past, ABT will continue to sanitize all high-touch surfaces. The frequency of this cleaning, however, will increase.
- Students and families are encouraged to use an elbow/hip instead of their hands whenever possible to push doors open or flip light switches.
- Hand sanitizer will be readily available throughout the building,
- While the bathroom is available to students and staff, we encourage all (especially young dancers) to use the restroom at home prior to coming to ABT.
- Remember to wash hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing.
- If a person that has entered ABT is diagnosed with COVID-19 families will be notified and the school will be closed for in-person classes for two-weeks for proper disinfecting.

Physical Distancing and Class Size Reduction

- ABT will utilize the 6-foot rule coming in and out of studios until further notice.
- No partnering will be done in class or choreography until further notice.
- Maximum class sizes and building capacity have been determined and will continue to be adjusted according to state and local requirements.
- All barres will be sanitized before and after use.
- The dance floor will be taped in 10-foot parameters.
- If the class size is larger than the allowed limit at ABT, then the students will attend class both in person and through live virtual streaming on a rotating schedule.
- Dancers attending from home will take class in real time, interacting with the teacher and students virtually with the other group of dancers at the studio.
- This Live/Virtual hybrid will only be used until class sizes can be increased in accordance with established public health protocols to accommodate all students in the same room.

All students attending classes at ABT will need to provide a signed copy of

ASSUMPTION OF THE RISK AND WAIVER OF LIABILITY RELATING TO Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations including Virginia, prohibited the congregation of groups of people. Albemarle Ballet Theatre has put in place preventative measures (see Health and Safety Plan) to reduce the spread of COVID-19; however, the Studio cannot guarantee that you will not become infected with COVID-19. Further, attending the Studio could increase your risk of contracting COVID-19.

By signing this agreement, I acknowledge that I have read the Protocol and understand the contagious nature of COVID-19; and I agree that I voluntarily assume the risk that I may be exposed to, or infected by, COVID-19 by attending the Studio and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the Studio may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Studio staff and other clients. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my attendance at Albemarle Ballet Theatre ("Claims"). I hereby release, covenant not to sue, discharge, and hold harmless Albemarle Ballet Theatre, its employees, consultants, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Studio, its independent contractors, consultants, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Studio session.

Parent/Guardian Signature

Print Name

Date